

## CLAIMS

1. A functional food comprising a sphingoglycolipid derived from a tuberous and corm vegetable or oil cake.

5 2. A functional food comprising a sphingoglycolipid and a plant sterol.

3. A functional food according to claim 2, wherein said sphingoglycolipid is extracted from a tuberous and corm vegetable or oil cake.

10 4. A functional food according to claim 1 or 3, wherein the tuberous and corm vegetable is konjac.

5. A cosmetic comprising a sphingoglycolipid derived from a tuberous and corm vegetable or oil cake.

15 6. A cosmetic according to claim 5, wherein the tuberous and corm vegetable is konjac.

20 7. A method of producing a functional food or a cosmetic according to any one of claims 1 and 3 to 6, which comprises the steps of adding an organic solvent to a tuberous and corm vegetable or oil cake and extracting a sphingoglycolipid.

8. A method of producing a sphingoglycolipid-containing product, which comprises the steps of adding an organic solvent to a tuberous and corm vegetable or oil cake and extracting a sphingoglycolipid.

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